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Tuesday, August 23, 2016 www.metro.us | t: MetroNewYork | f: Met

THE FRY BURGLAR

Bill Murray's fry-stealing streak has gone too far. 20

How Ryan Lochte lost it all. 20

3 Jets land on All-Decade Team. 27

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DOMESTIC STRIFE

Daniel Radcliffe goes undercover to bust a white supremacist terror plot in the new movie 'Imperium.' 22

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For more local news, visit metro.us

3 THINGS YOU NEED TO KNOW

US JUDGE GRANTS INJUNCTION TO HALT TRANSGENDER POLICY

A U.S. judge blocked Obama administration guidance that transgender public school students must be allowed to use bathrooms of their choice, granting a nationwide injunction sought by a group of 13 states led by Texas. Reed O'Connor, a judge for the Northern District of Texas, said in a decision late on Sunday that the Obama administration did not follow proper procedures for notice and comment in issuing the guidelines. He also said the federal guidelines had the effect of law and contradict existing legislative and regulatory texts. The ruling by O'Connor, an appointee of Republican President George W. Bush, gives an initial victory to the states, which filed their lawsuit amid building national conservative backlash to the Obama administration's stance on transgender rights. REUTERS

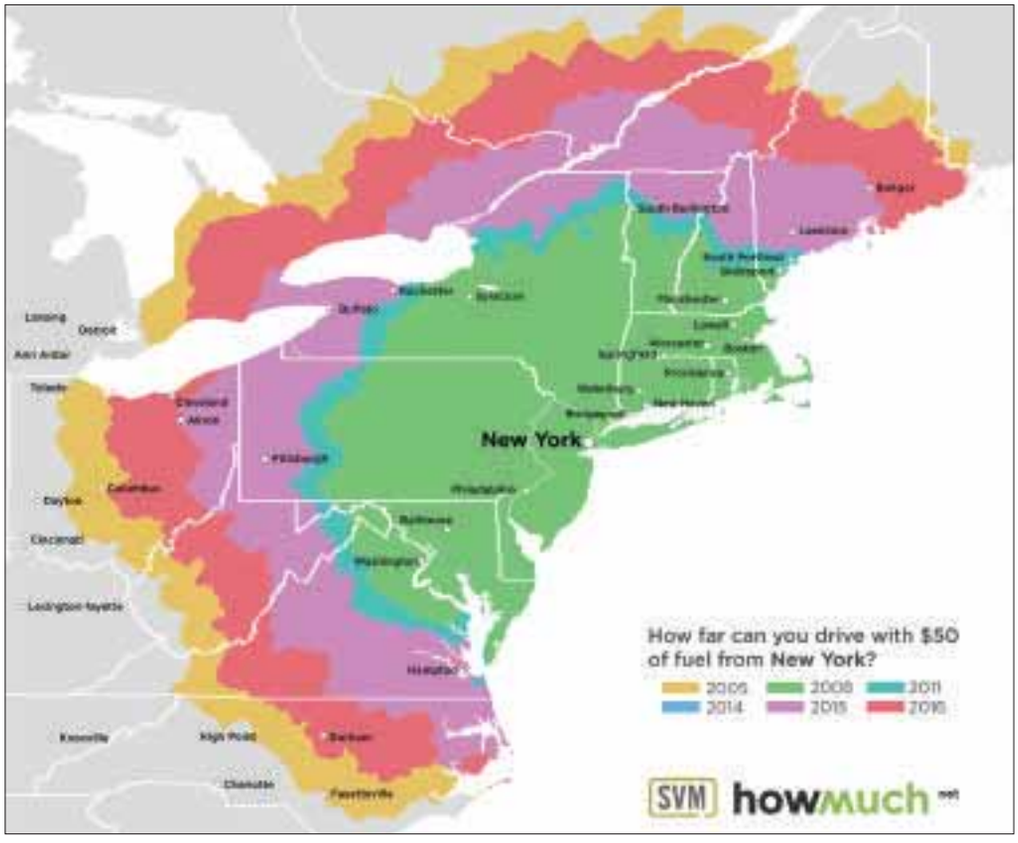
PFIZER BOOSTS CANCER DRUG ROSTER WITH $14B MEDIVATION DEAL

2 Pfizer Inc., beating out numerous other bidders, said it would buy U.S. cancer drug company Medivation Inc. for $14 billion in cash, adding its blockbuster prostate cancer drug Xtandi to the company's growing oncology roster. Medivation shares were up 20 percent at $80.43 in midday trading, just shy of the offer price of $81.50 per share. Shares of Pfizer, the largest U.S. drugmaker, were little changed. The offer is at a substantial premium to Sanofi SA's initial offer to buy Medivation for $52.50 in April that pushed the San Francisco-based company to put itself up for sale. The deal, which Pfizer said would immediately boost its earnings, comes four months after it and Ireland-based Allergan Plc scrapped their $160 billion merger. Pfizer has since bought Anacor Pharmaceuticals Inc. in a $5.2 billion deal to add an eczema gel to its portfolio. REUTERS

GERMANY, FRANCE, ITALY SAY EUROPE MUST MOVE FORWARD AFTER BREXIT

3 The leaders of the euro zone's biggest economies held talks on Monday in the aftermath of Britain's shock decision to leave the European Union and said Europe had to turn its back on populists who blamed Brussels for all its problems. Speaking on an aircraft carrier off the Italian island of Ventotene, Germany's Angela Merkel, France's Francois Hollande and Italy's Matteo Renzi issued calls for closer security cooperation and better opportunities for young people. In a meeting heavy on symbolism, the three leaders visited Ventotene to lay a wreath on the tomb of Altiero Spinelli, an Italian intellectual seen as a founding father of European unity. REUTERS

Report: $50 in gas will get you farther than any summer since 2008 recession



The value of a tank of gas is better than anytime since the beginning of the Great Recession, according to a new report.

CHRIS CAESAR
@MetroBOS
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Summer may be winding down, but there's still time for weekend warriors to scratch their travel itch and take part in the great American road trip tradition.

And now, according to trend analysts at Howmuch, that $50 in gas money will now get you farther than any summer since the beginning of the Great Recession.

Researchers arrived at that finding by crunching numbers from the June months of 2005, 2008, 2011, and 2014 through 2016, while assuming a car fuel efficiency of 24 miles per gallon, the new-car average for 2014.

The site also published 20 maps for 20 major American cities, mapping the distances $50 worth of gas could have taken you at each of those time points.

The difference is striking: In 2008, $50 would provide about five-and-a-half hours worth of highway driving, just over 300 miles. In 2016, that same amount jumps up to eight-and-a-half hours, about 530 miles' worth.

Fill up for less this year. GETTY IMAGES

That distance has climbed steadily every year since 2008, but still hasn't reached its 2005 value: back then, $50 worth of gas would've gotten you about nine hours of driving, over 550 miles from home base.

As for this summer: If you're leaving New York City for greener pastures this season, Bangor, Maine, or even Quebec City are within your grasp.

Travelers could also head west and hit Columbus, Ohio, but travelers in 2005 could have driven the extra 25 miles to Toledo — if they wanted to. Riders wouldn't have even made it to Rochester in 2008, but could've gone to Washington, D.C., Philadelphia, Boston, or even Syracuse, no problem.

Speaking of the other major Northeast cities: Drivers in Boston could make it down to Hampton, Virginia, this summer much farther than their 2008 limit of Philadelphia and South Jersey.

Drivers in Philly could reach as far north as Montreal in 2016, but wouldn't have even made it to Pittsburgh in 2008.

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the magic of macy's

Bank robbery suspect from the UWS defies convention

The arrest of an Upper West Side lawyer in a recent bank robbery goes against more than one pattern in these types of crimes, experts say.

NEHA BANKA KANORIA
letters@metro.us

Meighan McSherry, 46, from the Upper West Side, was charged with robbing a bank in Connecticut. GREENWICH POLICE DEPARTMENT

A criminal defense lawyer was arrested earlier this month on charges of robbing a bank in Greenwich, Connecticut. Police also suspected her in the attempted robbery of another bank in Manhattan. Her background in law, along with her familiarity with the criminal justice system, made the woman an unusual suspect.

Meighan McSherry, 46, worked for the Legal Aid Society in the Bronx until a year ago and was living in a 15-story pre-war co-op in an upscale residential neighborhood in the Upper West Side of Manhattan. The second bank that she was accused of robbing, also in early August, was located in her own neighborhood.

"Bank robberies are considered violent crimes, and it is unusual to see a former attorney accused of such a crime," said Paul Wiegartner, a former FBI special agent and a former special assistant United States attorney, who currently practices criminal defense attorney at Blanch Law Firm in Manhattan. "This particular case is unique in that the accused is not only a woman, but an attorney with a background of defending those accused of crimes."

7%

JUST 7 PERCENT OF BANK ROBBERS ARE WOMEN, ACCORDING TO THE FBI

McSherry's defense attorney, Connecticut-based Jennifer DeCastro Tunnard, told Greenwich Time that her client "had no knowledge of the alleged criminal behavior, and that McSherry had spent the previous evening in Pound Ridge, New York, and she had no memories after that and no knowledge of how she ended up in Greenwich." The New York Daily News reported that McSherry's neighbors claimed that she "had fallen on hard times." The amount of money robbed from the bank was not disclosed by the Greenwich police.

"Even trauma can often trigger criminal behavior in the most educated and seemingly upright individuals," Wiegartner said. McSherry had also been caring for her dementia-stricken mother, according to a neighbor who spoke to the New York Post.

"The crime seems very impulsive and reckless," said Louis Kontos, assistant professor of Sociology and Criminology at John Jay College of Criminal Justice. "The fact that [the suspect] made it easy for the police to catch her demonstrates that she really didn't do much thinking or planning."

FBI bank crime statistics show that in 2011 the percentage of women among the roughly 6,000 individuals involved in robberies of federally insured financial institutions was 7 percent. This percentage has remained stagnant since. According to Kontos, "reasons for robbing banks do not differ substantially from males to females. But like most stealth crimes, bank robbery is something that men are far more likely to do."

One of the most notorious of all female bank robbers in the U.S. was Bonnie Parker of the infamous duo known as Bonnie and Clyde, whose crime spree occurred between 1932 to 1934. In 1897, Cora Hubbard with a gang of three others robbed the McDonald County Bank in Pineville, Missouri. More recently, in 2013 a group of three prostitutes in Los Angeles started robbing banks in the city using disguises that got LAPD to believe that it was a one-woman job, leading them to dub "her" the 'Starlet Bandit' after the oversized sunglasses the gang wore as part of their disguises, reminiscent of Hollywood actresses.

McSherry's pre-war co-op on the Upper West Side NEHA BANKA KANORIA

> *"The crime seems very impulsive and reckless. The fact that [the suspect] made it easy for the police to catch her demonstrates that she really didn't do much thinking or planning."*
>
> Kantos

Although police are considering that McSherry may have also attempted to rob the Upper West Side bank, there have been no charges. Despite the allegations of this theft, Kontos does not believe that McSherry is a career criminal. "If she was, she would use her resources and her position to enrich herself through a better planned, less risky, more lucrative, white collar crime," he explained.

Grand jury indicts suspect in murder of Muslim cleric

A New York City grand jury on Monday indicted a Brooklyn man who is accused of fatally shooting a Muslim cleric and his assistant this month after they left a mosque in Queens.

Oscar Morel, 35, was charged with one count of first-degree murder, two counts of second-degree murder and two counts of second-degree criminal possession of a weapon, court documents showed. He has denied committing the killings.

"The defendant's alleged actions strike at the very heart of our county's Muslim community," Queens District Attorney Richard Brown said in a statement on Monday. "Both victims were gentlemen of peace and their deaths are a devastating loss to their families and the community that they served."

> *"Both victims were gentlemen of peace and their deaths are a devastating loss to their families and the community that they served."* Brown

Imam Maulana Akonjee, 55, and Thara Uddin, 64, were gunned down after they left their mosque on Saturday, Aug. 13, in the Ozone Park neighborhood of Queens in an attack that shocked the area's largely Bangladeshi community.

Authorities have said the gunman's motive remains unclear and the possibility it was a hate crime is being investigated.

Morel, who has been held without bail since his initial court appearance last week, will be arraigned on the grand jury's indictment at a later date.

If convicted, he faces up to life in prison without the possibility of parole.

Akonjee, a father of seven, emigrated to the United States from Bangladesh several years ago. Community members who knew him well described the slain imam as a humble man who lived and breathed his religious faith. REUTERS

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Travelers pass through the Amtrak terminal of New York Penn Station in view of the departure board. GETTY IMAGES

Penn Station departure board to receive a digital upgrade

The new digital screens are scheduled to be in place this year at the transportation hub.

LENYON WHITAKER
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letters@metro.us

Amtrak has plans to upgrade its main departure board located at Penn Station with new digital information screens.

The idea behind the new departure screen is to provide passengers with clearer and detailed travel information. There will be several information screens placed throughout the concourse to improve the flow of passengers at the station.

$3B
THE SIGN IS PART OF $3 BILLION WORTH OF INFRASTRUCTURE IMPROVEMENTS

"The idea is to improve the passenger experience through more dynamic, easier to read and strategically located information points throughout the concourse," Amtrak spokesman Craig Schulz told Gothamist.

The switch to the new digital board is scheduled for this year, according to Gothamist.

Transportation and travel reporter Jason Rabinowitz snapped photos of one of the new digital departure boards in the process of being upgraded.

The upgrade is part of a Penn Station transportation project proposed by Gov. Andrew Cuomo which includes several infrastructure improvements estimated to cost $3 billion, with $325 million coming from government sources.

X-ray technician charged with groping patients at Brooklyn hospital

An X-ray technician at Kings County Hospital was arrested after two patients — one of them 83 years old — told police he sexually assaulted them before their procedures.

Larry Jones, 65, of Lower Manhattan was arrested Saturday for allegedly digitally penetrating the vaginas of victims in the X-ray room, the New York Daily News reported.

The 83-year-old woman reportedly told police that Jones groped her for about two minutes during a 12:30 p.m. examination. He later brought her back to the hospital's emergency room.

Another woman, 57, told police that she was being photographed by the X-ray machine when Jones told her that her underwear was interfering with the procedure, according to the Daily News report.

He then removed her underwear, groped her and placed his mouth on her genitals, prompting the woman to scream. The woman later pointed out Jones to hospital police, who detained him until NYPD officers arrived.

Kings County Hospital Center GETTY IMAGES

Jones, whose address is listed at a homeless shelter, has been arrested eight previous times for petty offenses. Three of his previous arrests are sealed, but none of them included sex crimes, according to the Daily News.

"We are committed to the safety of our patients, have zero tolerance for such behavior and consider this a very serious allegation," NYC Health and Hospitals/Kings County said in a joint statement provided to ABC 7. "Our hospital police acted swiftly in response to the patient's complaint and we immediately terminated the individual."

Jones was arraigned Sunday on sex abuse charges, with bail set at $7,500, according to PIX 11.

CHRIS CAESAR

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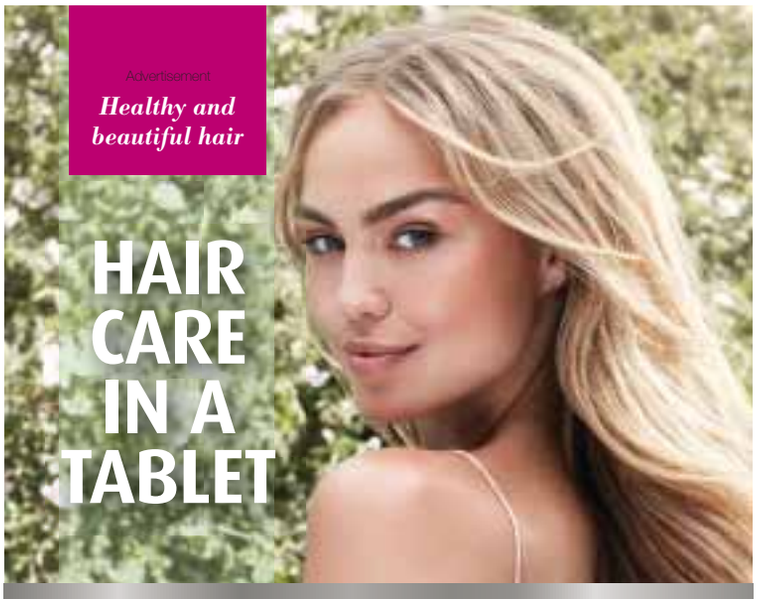

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Japan's first lady makes first visit to Pearl Harbor

Japan's Chief Cabinet Secretary Yoshihide Suga said on Monday the first lady made her visit as a private individual, and it was not an indication that Japan's Prime Minister Shinzo Abe would visit Pearl Harbor, the Japan Times reported.

Japanese first lady Akie Abe
GETTY IMAGES

"Over the past year ... I have had many chances to think about [World War II], and I felt a strong urge to visit at least once in my lifetime."

Abe

Japan's first lady Akie Abe made an unofficial visit to Pearl Harbor on Sunday where she paid tribute to Americans killed in Japan's surprise attack on the U.S. naval base in Hawaii on Dec. 7, 1941.

A visit by Abe would mark the first time an incumbent Japanese prime minister had gone to the Pearl Harbor memorial.

The attack on the naval base by Japanese torpedo planes, bombers and fighter planes drew the United States into World War II when it declared war on Japan.

In May, Barack Obama became the first sitting U.S. president to visit Hiroshima, one of two cities the United States hit with atomic bombs in 1945. The other was Nagasaki.

Since Obama's visit there has been speculation over whether Abe would visit Pearl Harbor.

Akie Abe posted photographs on Facebook and wrote that she had gone to the Arizona Memorial offering flowers and prayer. No previous first lady has visited the site while her husband was in office.

More than 1,100 sailors and Marines were killed on the USS Arizona in the Japanese attack. The sunken battleship, at Pearl Harbor in Honolulu, is the resting place of almost all of them.

"I have been to Hawaii many times but I have never been to Pearl Harbor," Japanese publication Gendai Business quoted the first lady as saying. "Over the past year ... I have had many chances to think about [World War II], and I felt a strong urge to visit at least once in my lifetime," she said.

Last year marked the 70th anniversary of the end of World War II.

Katina Adams, a spokeswoman for the U.S. State Department's bureau of East Asian and Pacific affairs, said, "We are aware of First Lady Akie Abe's visit to Pearl Harbor." She declined further comment.

"The fact that Akie Abe has gone is a tremendous step forward for Japan to come to terms with its past," Shihoko Goto, senior Northeast Asia associate for the Asia program at Woodrow Wilson Center, a Washington, D.C., think tank, said in a telephone interview. "This is certainly a balloon test to see what the public reaction will be."

Japan's embassy in Washington said in an email, "As Chief Cabinet Secretary Yoshihide Suga stated, First Lady Akie Abe visited Pearl Harbor as a personal visit, and we would like to refrain from making further comments on this subject."

REUTERS

BRIEF

Federal Reserve under growing pressure to reform system, goals

The U.S. Federal Reserve has two guiding goals when designing monetary policy: maximum employment and stable inflation.

But as the country's central bankers converge for their annual symposium in Jackson Hole, Wyoming, this week, they are under increasing pressure to reform their own system and goals to better reflect the diversity of America and its incomes.

At this year's flagship economic policy conference, from Aug. 25 to 27, U.S. policymakers will confer not only with their counterparts from around the world but also host a meeting on Thursday with a group calling for a radical overhaul of the Fed.

Fed Up, a network of community organizations and labor unions that wants a more diverse, transparent and income-inequality aware central bank, will meet with Kansas City Fed President Esther George.

It may be one reason why the organizers changed the dress code for the evening, usually a suited and booted affair, to casual attire.

REUTERS

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nystateofhealth
The Official Health Plan Marketplace

Trump denies 'flip-flopping' on immigration

Donald Trump GETTY IMAGES

Trump had planned to deliver a speech on Thursday in Denver about his immigration policy, but that event has been postponed, a campaign official confirmed.

Republican presidential nominee Donald Trump insisted on Monday he was not changing his stance on immigration, despite a comment from a top aide who said his plan to deport 11 million illegal immigrants was still under review.

"I'm not flip-flopping. We want to come up with a really fair but firm answer," Trump told Fox News. He did not elaborate on his policy.

On Sunday, Kellyanne Conway, Trump's campaign manager, was pressed repeatedly in a CNN interview on whether Trump would go ahead with a call he made in November to set up a "deportation force" to remove undocumented immigrants.

"To be determined," Conway said. She also said Trump was committed to a "fair and humane" approach to those living in the country illegally.

Trump's immigration position has been a centerpiece of his campaign. When he announced he was running for president, he called for construction of a wall along the nation's border with Mexico to stop undocumented immigrants from entering the country. He has insisted that he will make Mexico pay for the wall.

Trump also said that Mexico was sending "rapists" and "criminals" across the border.

REUTERS

"I'm not flip-flopping. We want to come up with a really fair but firm answer."

Trump

BRIEF

Judge orders State Dept. to review 14,900 new Clinton emails

A judge ordered the State Department on Monday to review and determine the potential release of 14,900 documents, most of which are believed to be emails to or from Hillary Clinton, that turned up in an FBI investigation of her use of a private email server as secretary of state.

The documents are part of a cache that the FBI turned over to the State Department at the end of its probe into Clinton's use of the server. The FBI found Clinton was "extremely careless" with sensitive information by using the private server but recommended against bringing charges against Clinton. She has been dogged by questions about the issue throughout her run for the White House.

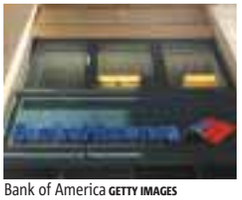
REUTERS

Banks in the US want to cut branches, but customers keep coming

Despite banks' nudging toward online tools, many U.S. customers are not ready to give up regular visits to their nearest branch, complicating the industry's efforts to slim down.

U.S. banks have trimmed the number of branches by 6 percent since it peaked in 2009, according to Federal Deposit Insurance Corp. data. The 93,283 branches open at the end of last year was the lowest level in a decade.

Yet analysts who have examined the data say banks should have done more to offset the pressure on revenue from low interest rates and regulatory demands.


Bank of America GETTY IMAGES

The number of FDIC-insured banks has fallen by more than 25 percent over that time even as industry assets have grown, indicating room for greater branch consolidation.

Bank executives argue, however, that branches remain crucial for acquiring new customers and doing more business with existing ones. Closures, they say, would hurt revenue more than help reduce costs.

"Our customers still want to visit us," Jonathan Velline, Wells Fargo's head of ATM and store strategy, told Reuters in an interview. "They're still coming to our stores and our ATMs at pretty consistent rates."

Bankers across the industry share that view. They say online banking complements traditional services for U.S. customers, but few have gone fully digital.

REUTERS

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This building is being constructed through the Low-Income Affordable Marketplace Program (LAMP) of the New York City Housing Development Corporation and the Supportive Housing Loan Program (SHLP) of the New York City Department of Housing Preservation and Development. Supportive housing comprises 60% of the units in the building, which shall be set aside for low income individuals or families with special needs, including formerly homeless or disabled households, to be referred by city agencies. Supportive housing is permanent, affordable housing with on-site support services. The remaining 40% of units in the building are made available to the general public through lottery. The units listed in this notice represent only those available to the general public.

Who Should Apply? Individuals or households who meet the income and household size requirements listed in the table below may apply. Qualified applicants will be required to meet additional selection criteria. Applicants who live in **Brooklyn CB 16** receive a preference for the 40% of apartments made available through lottery. The 60% of units set aside for residents with special needs are not subject to the lottery or to community preference.

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				3 people	🧍🧍🧍	$36,000 - $48,960
				4 people	🧍🧍🧍🧍	$36,000 - $54,360
3 bedroom	$1,163	6	➡	3 people	🧍🧍🧍	$41,280 - $48,960
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* Rent includes gas for cooking.
** Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.
*** Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.

How Do You Apply?

Apply online or through mail. To apply online, please go to nyc.gov/housingconnect. To request an application **by mail, send a self-addressed envelope to: The Henry Apartments, 87-14 116th Street, Richmond Hill, NY 11418.** Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

Applications must be postmarked or submitted online no later than **October 25th, 2016.** Late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

Español Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: **The Henry Apartments, 87-14 116th Street, Richmond Hill, NY 11418**. En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de **25 de octubre, 2016.**

简体中文 访问 nyc.gov/housingconnect 在线申请。如要索取本广告及书面申请表的简体中文版，请将您的回邮信封寄送至：**The Henry Apartments, 87-14 116th Street, Richmond Hill, NY 11418**. 信封背面请用英语注明"CHINESE"。必须在以下日期之前在线提交申请或邮寄书面申请 2016 年 10 月 25 日.

Русский Чтобы подать заявление через интернет, зайдите на сайт: nyc.gov/housingconnect. Для получения данного объявления и заявления на русском языке отправьте конверт с обратным адресом по адресу **The Henry Apartments, 87-14 116th Street, Richmond Hill, NY 11418**. На задней стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на почтовом штемпеле) не позднее **25 октября 2016.**

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Kreyòl Ayisyien Aplike sou entènèt sou sitwèb nyc.gov/housingconnect. Pou resevwa yon tradiksyon anons sa a nan lang Kreyòl Ayisyen ak aplikasyon an sou papye, voye anvlòp ki gen adrès pou retounen li nan: **The Henry Apartments, 87-14 116th Street, Richmond Hill, NY 11418**. Nan dèyè anvlòp la, ekri mo "HAITIAN CREOLE" an Anglè. Ou dwe remèt aplikasyon yo sou entènèt oswa ou dwe tenbre yo anvan dat **Oktòb 25, 2016**

العربية تقدم بطلب عن طريق الإنترنت على الموقع الإلكتروني nyc.gov/housingconnect. للحصول على ترجمة باللغة العربية لهذا الإعلان ولنموذج الطلب الورقي، أرسل مظروف يحمل اسمك وعنوانك إلى: **The Henry Apartments, 87-14 116th Street, Richmond Hill, NY 11418** على الجهة الخلفية للمظروف، اكتب باللغة الإنجليزية كلمة "ARABIC". يجب إرسال نماذج الطلبات عن طريق الإنترنت أو ختمها بختم البريد قبل **25** أكتوبر **2016.**

Mayor Bill de Blasio • HPD Commissioner Vicki Been • HDC President Gary D. Rodney

BRIEF

Libyan forces say they capture mosque, prison from Islamic State in Sirte

Libyan forces renewed their push to oust Islamic State from its former North African stronghold of Sirte on Sunday, saying they had seized the city's main mosque and a jail run by the militants' morality police.

The forces, mainly brigades from the city of Misrata, said they are close to capturing Sirte after taking most of the city in a three-month campaign and restricting militants to a shrinking residential area in the city center. Since Aug. 1, they have been supported by U.S. airstrikes.

At least nine brigade fighters were killed and 85 wounded in Sunday's fighting, Misrata hospital spokesman Akram Gliwan said.

Fighters backed by heavy artillery and tanks advanced early in the day in Bufaraa neighborhood, seizing a building used by Islamic State's morality police as a prison, said Rida Issa, a spokesman.

Later, forces took Ribat mosque, Sirte's biggest, where senior militants, including leading Islamic State ideologue Turki Ben Ali, had preached, the forces' media office said.

The media office said "dozens" of bodies of Islamic State fighters were found in newly captured areas, although it did not give a specific number and it was not clear when the militants were killed.

As of Thursday, the United States had carried out 65 airstrikes over Sirte, according to U.S. Africa Command, most recently against a supply truck, a vehicle-borne improvised explosive device and three enemy fighting positions.

The strikes have accelerated the progress of Libyan forces, whose advance had been slowed by suicide bombings, snipers and mines. REUTERS

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Philippines drug war deaths climb to 1,800, US voices concern

Philippine President Rodrigo Duterte GETTY IMAGES

The Philippines has recorded about 1,800 drug-related killings since President Rodrigo Duterte took office seven weeks ago and launched a war on narcotics, far higher than previously believed, according to police figures.

Philippine National Police Chief Ronald Dela Rosa told a Senate committee on Monday that 712 drug traffickers and users had been killed in police operations since July 1.

Police were also investigating 1,067 other drug-related killings, Dela Rosa said, without giving details. The comments came a day after Duterte lashed out at the United Nations for criticizing the wave of deaths.

The United States, a close ally of the Philippines, expressed concern "about reports regarding extrajudicial killings of individuals suspected to have been involved in drug crimes" and urged Duterte's government to ensure that law-enforcement authorities abide by human rights norms.

As recently as Sunday, the number of suspected drug traffickers killed in Duterte's war on drugs had been put at about 900 by Philippine officials. But this number included people who died since Duterte won the May 9 presidential election.

Duterte said in a bizarre and strongly worded late-night news conference on Sunday the Philippines might leave the United Nations and invite China and others to form a new global forum, accusing it of failing to fulfill its mandate.

However, his foreign minister, Perfecto Yasay, said on Monday the Philippines would remain a U.N. member and described the president's comments as expressions of "profound disappointment and frustration."

The United States, a close ally of the Philippines, said it was "deeply concerned" by the reports, and U.S. State Department spokesman Mark Toner urged Duterte's government to ensure that law-enforcement authorities abided by human rights norms. REUTERS

"We continue to make clear to the Philippines government ... our concern about human rights, extrajudicial killings, but we are also committed to our bilateral relationship and strengthening that bilateral relationship." Toner

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US, South Korea begin joint drills amid tension after defection

The United States and South Korea kicked off annual military exercises, prompting warnings of retaliation from the North, as heightened tension on the peninsula has been inflamed by the defection of a Pyongyang diplomat.

North Korea has become further isolated after a January nuclear test, its fourth, and the launch of a long-range rocket in February brought tightened U.N. Security Council sanctions that Pyongyang defied with several ballistic missile launches.

About 25,000 U.S. troops are joining in the Ulchi Freedom Guardian exercise, which runs until Sept. 2. The U.S.-led U.N. Command Military Armistice Commission said it notified the North Korean army the exercises were "nonprovocative" in nature.

The North calls the exercises preparations for invasion, and early on Monday threatened a preemptive nuclear strike. North Korea frequently makes such threats.

"From this moment, the first-strike combined units of the Korean People's Army keep themselves fully ready to mount a preemptive retaliatory strike at all enemy attack groups involved in Ulji Freedom Guardian," a KPA spokesman said in a statement carried by the North's state-run KCNA news agency.

"The nuclear warmongers should bear in mind that if they show the slightest sign of aggression, it would turn the stronghold of provocation into a heap of ashes through a Korean-style preemptive nuclear strike."

South Korean President Park Geun-Hye GETTY IMAGES

Last week, South Korea announced that Thae Yong Ho, the North's deputy ambassador in London, had defected and arrived in the South with his family, in an embarrassing blow to the regime of North Korean leader Kim Jong Un.

High-level defections pointed to cracks in the Kim regime, South Korean President Park Geun-hye said. REUTERS

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My toes aren't straight– they are all cocked-up, bent and hurt.
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The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
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Syrian civil war

Firefighters try to extinguish a fire after Syrian and Russian army warcrafts targeted the opposition-controlled Sukeri neighborhood of Aleppo, Syria, on Monday. ALL PHOTOS BY GETTY IMAGES

Debris of buildings are seen after the warcrafts belonging to the Syrian army targeted the opposition-controlled Duma town of East Ghouta, Damascus, Syria, on Monday. GETTY IMAGES

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Turkey vows to cleanse Islamic State from its border after wedding attack kills 54

The attack in the southeastern city of Gaziantep is the deadliest in Turkey this year. It was carried out by a suicide bomber aged between 12 and 14, President Tayyip Erdogan said, adding that initial evidence pointed to Islamic State.

Turkey vowed on Monday to "completely cleanse" Islamic State militants from its border region, after a suspected suicide bomber with links to the group killed 54 people, including 22 children, at a Kurdish wedding.

A senior security official told Reuters the device used was the same type as those employed in the July 2015 suicide attack in the border town of Suruc and the October 2015 suicide bombing of a rally of pro-Kurdish activists in Ankara.

Both of those attacks were blamed on Islamic State. The group has targeted Kurdish gatherings in an apparent effort to further inflame ethnic tensions strained by a long Kurdish insurgency. The Ankara bombing was the deadliest of its kind in Turkey, killing more than 100 people.

"Daesh should be completely cleansed from our borders and we are ready to do what it takes for that," Foreign Minister Mevlut Cavusoglu said at a news conference in Ankara, using an Arabic name for the group.

A senior rebel official said Turkish-backed Syrian rebels were preparing to launch an attack to seize the Syrian town of Jarablus from Islamic State on the border with Turkey, a move that would deny control to advancing Syrian Kurdish fighters.

The rebels, groups fighting under the banner of the Free Syrian Army, were expected to assault Jarablus from inside Turkey in the next few days. Reuters TV footage showed around 10 Turkish tanks deployed at a village around 2.5 miles from the border gate immediately across from Jarablus. It was not clear how long the tanks had been there.

People wait close to empty graves at a cemetery during the funeral for the victims of the attack on a wedding party in Gaziantep in southeastern Turkey near the Syrian border. GETTY IMAGES

Prime Minister Binali Yilidirm has said Turkey would take a more active role in Syria in the next six months to prevent the country from being divided along ethnic lines.

Cavusoglu said Turkey, a member of NATO and the U.S.-led coalition against Islamic State, had become the "No.1 target" for the militants because of its work to stop recruits traveling through Turkey across its over 500 mile border into Syria to join the Sunni hardline group.

For Ankara, Islamic State is not the only threat lurking across its frontier. Turkey is also concerned that attempts by Syrian Kurds to extend their control along the common border could add momentum to an insurgency by Kurds on its own territory.

Dogan news agency said the death toll in the Gaziantep bombing had risen on Monday to 54 after three more people died. Sixty-six were being treated in hospital, 14 in serious condition.

The attack comes with Turkey still shaken just a month after the government survived an attempted coup by rogue military officers, which Ankara blames on U.S.-based Islamist preacher Fethullah Gulen. Gulen denies the charge. REUTERS

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People who succeed in business tend to try really, really hard. They also possess traits that can't be easily be taught in business school — ingenuity, resilience, passion and creativity, for starters.

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That's the thinking behind mini-MBA programs, condensed but intensive business courses that usually take place over a few evenings or weekends. Generally, mini-MBAs are geared toward professionals who are already established in their fields and want to bolster their business credentials.

Though these quick and affordable business boot camps are popping up across the nation, Bentley University in Waltham, Massachusetts, offers two innovative options: a traditional mini-MBA in the essentials of management, where professionals from all walks of life can learn business fundamentals that help them in their fields; and a business and the creative process course, a collaboration between the Massachusetts College of Art and Design and Bentley University geared toward artists and designers, many of whom already work in the corporate world.

To be clear, a mini-MBA is no substitute for a traditional MBA, which typically takes two years to complete, explains Alan Hoffman, program director of Bentley's mini-MBA and a professor of management.

"It's apples and oranges. It's not a degree. But if you know nothing about business and you take these classes, you know a lot more," says Hoffman.

Creative problem-solvers

The 10-day business and the creative process mini-MBA grew out of an initiative funded by the Massachusetts Cultural Council, and today helps artists become versed in the language and culture of business.

"The idea is if we could teach artists who work in companies about business, then maybe the business could tap into their creative minds and solve problems from a different perspective," explains Hoffman.

The course includes traditional lectures, classes in strategy and design thinking, and group collaboration on prototypes for real-world business problems. Companies come in and present specific problems to the students, who are then tasked with coming up with creative solutions. Previous projects include one for Dunkin' Donuts, where students conceived of an app that would allow customers to order and pick up food without have to interact with a person — all the way back in 2008, long before the idea became a reality. This year's updated curriculum incorporates design-thinking principles that all types of professionals can apply to business.

Says Hoffman, "Innovation is the key to success in business, so the companies that innovate, and hire these creative minds, are the ones that win in the long run."

Savvy professionals

Led by graduate faculty members, Bentley's mini-MBA program in the essentials of management uses case studies and business simulations to teach financial fluency, marketing and social media and the foundations of process management.

"There's a whole lot of people who work at companies who have engineering degrees, they're scientists at biotech companies, or they're HR people and they studied history or English literature, and their companies send them to this mini-MBA so they can get some business background because they didn't study in college," says Hoffman.

Part of the mini-MBA ethos (Bentley has trademarked the label "Mini-MBA" in the state of Massachusetts) is that learning doesn't stop after our careers start.

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Ryan Lochte lost all his sponsors

ALL PHOTOS GETTY IMAGES

Ryan Lochte has a case of the Mondays.

Following his semi-apologetic interview on NBC's "Today," Speedo USA announced Monday it will no longer be sponsoring the disgraced Olympian. The company released a statement noting it will donate $50,000 from Lochte's sponsorship fee to Save the Children, specifically for children in Brazil. "We cannot condone behavior that is counter to the values this brand has long stood for," it said.

The lightly frosted swimmer teared up and admitted that he "overexaggerated" his version of that "robbery" incident in Rio during an interview with Matt Lauer, but refused to say that he "lied" — which, tbh, he did. The 32-year-old (definitely an) adult apologized and said he hoped "if they give me that chance I definitely know I can turn this around and become that role model for little kids."

Ralph Lauren then announced it, too, would no longer continue to sponsor Lochte — noting that its relationship with the swimmer was exclusive to Rio. Syneron Candela's Gentle Hair Removal came next (though Lochte's hairless abs and face remain on the website), followed by Airweave, a mattress topper manufacturer based in Japan, which tweeted its decision to drop Lochte after defending the U.S. ambassador in an earlier statement.

Them's the breaks, Ryan.

Bill Murray will steal your fries

Ladies and gentlemen, hide your French fries, because Bill Murray is coming after them. Vanity Fair reports that last weekend, the actor was seen munching on a fry that he snatched from a stranger's plate at the Martha's Vineyard airport.

Thankfully, the Redditor Sonowthatimhere snapped a pic of Murray snagging some of his friend's fries, providing further evidence that Murray is, in fact, a fry thief.

The first complaint came about six years ago, when another Redditor said Murray took some fries off his plate on the corner of 46th Street and 7th Avenue in New York City .

Murray, being the eccentric character that we all know and love, then yelled, "No one will believe you!"

But now the damning fry-theft photo is prompting other victims to speak out.

As soon as he posted the photo, another Redditor commented, "He did this to me at In & Out in Burbank 4 years ago. No one believed me. This post is my own proof that he does in fact do this."

Could it be possible to like the actor more? You do you, Bill Murray, you do you.

Thor and Loki slum it in civvies

The sons of Asgard are slumming it back on Earth.

Chris Hemsworth, who usually dons a red cape and flashy armor as Avengers member Thor, posted a photo of himself in a hoodie and jeans alongside Tom Hiddleston, who plays his ne'er-do-well stepbrother Loki, on the set of "Thor: Ragnarok" in Brisbane on Monday.

The pair apparently weren't just taking a photo before filming began. According to local news stations, the gods of thunder and mischief were dressed to blend into the crowd on the street, which was decorated to stand in for New York City — which didn't fare so well the last time these two were on Earth in "The Avengers."

Few plot details are known about "Ragnarok," which will be released in November 2017. But Marvel has confirmed that Cate Blanchett will make her franchise debut as Hela, the Norse goddess of death. Which might explain why the brothers seem to have teamed up again — we wouldn't try taking her on alone, either.

the word

Black Sabbath is approaching the end of the road —literally. PROVIDED

'It comes with the territory'

Ozzy Osbourne discusses being called a 'Satanist' and Black Sabbath's final tour.

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Ozzy Osbourne's colorful public life is peppered with well-known tales of drugs and booze, bitten-off bat heads and dead doves. But recently, it's a very public affair — that has caused a rift with his wife and longtime manager, Sharon, leaving the Birmingham, England-born Black Sabbath frontman and solo artist admitting to sex addiction.

In the 1980s, Osbourne was dubbed the "Prince of Darkness" and banned from San Antonio, Texas, for urinating on the Alamo (an oversight, Osbourne has claimed in interviews, not disrespect). But San Antonio is where Black Sabbath's final show will take place, ending a five-year reunion spree.

Speaking from his home in Los Angeles, Osbourne tells us he is not retiring, but instead will continue doing what he does: Osbourne, after all, is a rock 'n' roll singer.

The final leg of the final tour — how does it feel for you?

It hasn't quite sunk in yet. I am sure it will be pretty emotional once it comes to the final show, but everything has to come to an end at some point, and it has been an incredible journey.

Sabbath re-formed five years ago. Has it been healing for you guys?

There was no healing necessary. We came together as mature adults who wanted to play and make great music together.

Nowadays, the media calls you the Prince of Darkness affectionately, but for a while in the 1980s, people seriously ripped into you. How did it feel to be called a Satanist?

It comes with the territory. I have never been one to conform to rules and so I just told them where they can stick their opinions. No wonder they thought I was the Prince of Darkness.

Can you imagine how this last Sabbath show in San Antonio will be like emotionally?

The whole tour has been an emotional roller coaster. Though the one I am most aware of is the very last show ever in Birmingham, England. I am sure I will be nervous for San Antonio, too. It's a great rock town and as you know I wasn't allowed back there for quite some time.

What are your plans for after the tour?

I'm currently playing around with some song ideas. I have a few things jotted down, and once Black Sabbath is off the road, I will be heading into the studio with my band to get the songs recorded. Once it's all in the can, you can be sure to see me back on the road again.

‘A breath of fresh air’

Lisa Hannigan found her inspiration once again, thanks to The National’s Aaron Dessner.

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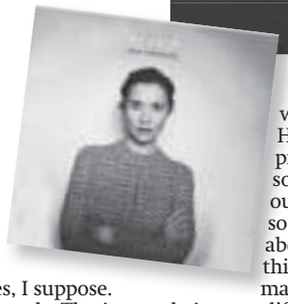
Lisa Hannigan and The National’s Aaron Dessner started out as “musical pen pals.” RICH GILLIGAN

For Lisa Hannigan’s latest haunting, ethereal album, “At Swim,” the singer-songwriter struggled to write new material while living in London — her home away from home. The 35-year-old Kilcloon, Ireland, native was on the road for some time — more than two years — in support of 2011’s fluttering, folksy “Passenger,” but it was an email that Hannigan received from The National’s Aaron Dessner that sparked something inside her once again. Hannigan ended up working with Dessner and rediscovered the collaborative spirit she had missed in Dublin.

Tell me about the concept for this record.
My last record I toured for a long time — two-and-a-half years. I had found it difficult to be on the road. When I came back to start my third record, I had this really big hill in front of me. It didn’t come as easily as I hoped it would. I moved out of the house I had lived in for a long time. I was between London and Dublin. I just felt a little unsure of myself. It took a long time because I had that feeling of being adrift or in-between. That’s the situation that the record came out of.

What was the most challenging part of writing this record?
It was just the writing of it, actually. I kept telling myself you write a lot of crappy songs before you write the good ones. When you’re in a difficult situation, you can be a little bit at a loss when you’re writing a song. That was most of it. I asked my friend Joe Henry if he could send some words and that worked very quickly. I got into it the swing eventually. I started working with Aaron Dessner [of The National] on “Into the Blue.” A breath of fresh air came in to my confused state and really helped me get my focus again.

What have you learned the most over the years from making music?
Well, that it can be very hard sometimes, I suppose. It can be lonely. That’s what was so great about when I met Aaron. I learned so much from him and his constant working. He’s so prolific and so industrious, but still so laid-back about it all. I think that’s maybe why he’s so prolific — because he plays all day long.



How did you get connected with Aaron?
I just got an email from him out of the blue. It was amazing. We then started to become musical pen pals. He would send me beautiful music. I would make recordings and send them back.

What was your favorite song to write for this record?
I don’t know. The songs were so sporadic. Every time I finished one I liked, I loved it so much. The sense of pure joy came with each of the songs. In terms of the easiest to write, it was probably “Prayer for the Dying” because it came out of such an emotional situation. The song felt very separate and easy in that moment because it was an expression about emotion. But I love them all individually.

Who do you dream of collaborating with in the future?
I’ve always been a big fan of collaborating. I’ve always wanted to work with David Byrne. I love his show so much and how he presents his music. That would be my dream.

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The evil next door

Daniel Radcliffe takes on a real-life domestic terrorism plot in the thriller "Imperium."

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Daniel Radcliffe plays Nate Foster, an FBI agent who goes undercover to bust up a domestic terror plot in "Imperium," in theaters now. LIONSGATE

Daniel Radcliffe has been acting since age 10, so playing an FBI agent who goes undercover among white supremacists wasn't the hard part of his new movie, "Imperium."

GETTY IMAGES

"Driving on camera," says the 27-year-old Radcliffe, who had to do some hectic maneuvering in a pickup truck for the film. "I was more comfortable doing the gun stuff than driving. And I have spent no time around guns, but I felt like I was more likely to kill someone in a car. I passed my driving test a couple years ago specifically so I could drive on films."

"Imperium" is based on a real-life domestic terrorist plot foiled by former FBI agent Mike German, played by the "Harry Potter" alum. We talked to the star and the film's screenwriter and director, Daniel Ragussis, about the dark subject matter and why Radcliffe has opted out of social media.

You tend toward projects with an element of magical realism, like "Swiss Army Man." Are you drawn to that, and what appealed to you about this film?

Radcliffe: I am drawn to magical realism, it's a lot of what I read — my favorite book ever is "The Master and Margarita." One of the things I love about [the genre] is anything can happen if you can justify it well enough. As an audience member, I want to find out about a world that I don't know. The books that I read have the same quality: You're in that world, and exploring it is what's fun about it, and that becomes uninteresting to me when you're watching a Hollywoodized bullsh— version of something, whereas with ["Imperium"] it felt like a really authentic representation of what being undercover and that life is like, and that was really exciting to me.

The ideologies of "Imperium" seem so dated, but the past few months have been a rude awakening to how common they still are.

Ragussis: I was really not aware the degree to which these ideologies and groups are such an incredibly prevalent thing in our society. Mike would make the point, quite consistently, that 50 years ago, these beliefs were absolutely mainstream and the whole idea of civil rights and universal suffrage and tolerance are the modern idiosyncratic thing.

The white supremacists do some terrible things in this movie, but they're also shown living normal lives.

Ragussis: No man is a villain in his own heart. It was very important for this movie because one of the complex and important things we have to hold in our head is that people are capable of espousing ideologies that are horrific but are still human beings and love their families and make jokes and enjoy a good meal.

Radcliffe: If you go into [white supremacist] message boards, there are the political posts but the hilarious stuff is the recipes posts.

Ragussis: One of the things that characterizes these movements is their attempts to find ideological purity, and so one of the things that members want is to enter a community where they can be free of corrupting influences, which can make its way into something as innocuous as a recipe.

The swastika cupcakes served at the cookout in the film were a nice touch.

Ragussis: That was something I saw once, that was real.

Radcliffe: I took them home. They were red velvet and cream cheese!

Ragussis: I saw that on video; all these things are real and if you think about it, it only appears absurd to us because the symbol is so inflammatory, but if you consider that to be a cultural landmark for you, of course you would put it on your cupcakes, you'd be celebrating it.

The value of privacy

You just finished the play "Privacy," about the dangers of putting our lives on the Internet. But you're actually not on social media.

Radcliffe: There's a bunch of reasons I'm not on Twitter and stuff, and part of it is that I'm f—ing lazy and I wouldn't be able to respond to everyone, it would stress me out. A lot of people who don't have privacy find it hard to change and grow as a person because you're doing that in full view of everyone, and that can be inhibiting. I'm very lucky that I had a lot of people around me who gave me that perspective and encouraged me to actively try and work out who I was away from the media version of me.

It does seem like we're all allowing the world to vote on the "best" version of ourselves.

Radcliffe: We're seeing more and more young people who are afraid of talking on the phone, and if you ask them about it they'll say things like, "I'm scared of making a mistake." To me, that is a danger for conversation, we have to be able to talk to each other and f—k up and make mistakes.

But there's a balance, too — we should have more privacy, and the people in charge should have less. Not in their personal lives, but how things are done. One of the main problems at the moment is, we got to meet Sen. Ron Wyden through doing the play who asked James Clapper the famous question, "Does the NSA collect data on hundreds of millions of Americans?" to which he lied, not wittingly. He's an amazing man, but we need many more people like him who are technologically-savvy enough to ask the correct questions.

Natasha Leggero talks rich people 'living like rappers' in 1902

Her sitcom, "Another Period," has its season finale on Aug. 24.

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If you're a fan of reality television and period pieces, you should probably check out Comedy Central's "Another Period," a sitcom that throws "KUWTK"-like drama way back — poking fun at the lives of the wealthy in Newport, Rhode Island, in the early 1900s. Its second season wraps up Wednesday, Aug. 24, and we got to chat with one of its stars, Natasha Leggero, about those fancy Rhode Islanders back in the day and getting inspired by the "stupid things" done by the Kardashians.

So where are you calling from?
I'm driving to the gynecologist — that's not a joke. I'm not lying. [Laughs] But my day's just starting, it's like 9:30.

"Another Period" is now in its second season. Can you take us back to how you and co-star Riki Lindhome teamed up?
We were already friends and then we went to Africa with a group of comedians to make comedy videos about malaria. When we were there we really bonded and started talking about how we wanted to create our own show.

Are your characters based on real people?
Not necessarily. They're definitely fictional. It's based on this idea that these people at the turn of the century had so much money. One of them died with like $3 billion in 1902 because they weren't paying income tax. It's this golden age in American history that no one really talks about — a decade-long period where rich people were living like rappers.

Your show plays on current reality TV formats. What are your thoughts on reality TV in general?
I don't love it at all. Riki loves the Kardashians — she kinda studies them. I let her watch them and tell me the stupid things they do and sometimes we can let it inspire us when we're writing.

What are your hopes for "Another Period" this year?
I just hope that it catches on. So many people are like "I didn't even know about this show!" and then they watch it and love it and they're superfans. I want it to be a big hit.

The season finale of "Another Period" airs Aug. 24 on Comedy Central.

Natasha Leggero stars in "Another Period" on Comedy Central. MATT SAYLES

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Are relationships affecting your health?

MAKE HEALTHY YOUR NEW HAPPY

wellbeing

Don't underestimate the power of a bad (or good) relationship.

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We all know it's important to have good relationships in order to be happy. But can a bad breakup have long-term negative effects on your body? Or, on the flip side, can finding your soul mate lead to a happier, healthier you?

Studies have shown there are physical and mental consequences and benefits directly correlated to how our relationships are doing. A 2011 Columbia University study showed our brains experience withdrawal symptoms following a breakup, while the American Heart Association revealed that we really can suffer from a "broken heart" during times of distress.

We asked Dr. Carmen Harra, a psychologist and author — at work on her eighth book on relationships — for her take on how good and bad relationships can affect your health.

What can bad relationships do to your body?

There is a correlation between your state of being and your relationships. Your well-being affects your relationships and vice-versa.

Let's say you're out of shape — that could be because of fear of abandonment or a breakup manifesting. If you're battling an illness, you will become resilient and you will lash out on your partner. And dealing with those difficult emotions is the big problem. We tend to deal with our problems in self-destructive behaviors. For example, some people turn to drugs and to alcohol in order to cope with their situation.

Should a couple that fights all the time stay together?

Of course, everyone fights, but I believe in fighting in a constructive way. If the fighting isn't making you feel better about the problem at the end of the day, then the relationship is a negative one. It's important to cut out all negativity, and if you can't resolve the negative emotions in a romantic relationship, then it is important to end it.

How can you make your relationships better in order to stay healthy?

Emotions need to be processed. You don't need to release or ignore negative emotions right away, but you need to acknowledge them and process them. If you stuff them away, negative emotions can grow inside you like weeds. Letting those weeds grow can make you sick. So don't be afraid to feel sadness or rage or confusion, because embracing it will help you get rid of it.

If you're overwhelmed with the things that are getting you out of balance in your life, find a place and a practice where you can release and recharge on your own, instead of lashing out at the people around you. For example, going to the gym and meditating are good ways to release anger and other negative emotions.

The point is to not hold onto emotions that can make you sick.

Do you believe in finding your soul mate?

Sometimes we have practical relationships that are just temporary. A person can come into your life for a reason and a season. He or she isn't coming to stay, but this person is teaching you something. It's hard to find your soul mate, but you shouldn't spend the rest of your life with someone if you both are settling. If you're compromising because it's convenient, you will end up living separate lives.

You should know the moment you see someone that they are your soul mate. And that doesn't mean that it's all easy — you might have a few bumps in the road. But the great thing about a soul mate is that the relationship only gets better. You just glow. You are emotionally in control and are the best, healthiest version of yourself, because the other empowers you. They support you and want you to be your best.

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Why Knee And Hip Arthritis Pain Sufferers Are Flocking To This Manhattan Medical Clinic To Relieve Pain And Avoid Joint Replacement Surgery

Knee Arthritis Pain Breakthrough?

Real Doctor's Advice On The Most Advanced Medical Treatments For Knee Arthritis Pain

"The Knee Arthritis Treatment Everyone Is Talking About..."

By Matt Edgar
America's Heath Writer

NYC - Modern medicine has come a long way.

The success stories and lives saved are endless.

And now, through advanced technology and science - skilled medical doctors are helping more knee and hip arthritis pain sufferers than ever before.

In just a moment, I'm going to reveal some of these incredible arthritis pain techniques...

So you can possibly relive some or all of your pain...

Just like thousands of others already have.

I bet many of these former arthritis pain sufferers were just like *you*.

But first, I have to tell you about this - it's very important information so you can make the very best decision about relieving your arthritis pain.

It will also help you avoid costly and painful mistakes.

Ready for some great arthritis pain relief information? Ok, here we go...

The Two Arthritis Treatment Paths...

The first thing to understand, is that there are basically two treatment paths you can choose to go down when you are looking for relief to knee or hip arthritis pain.

One path is non-surgical. You do not want surgery (who does!) so you do everything you can to avoid it.

You take pain pills, do physical therapy and exercises and maybe you even changed you diet.

Nothing worked. The pain progressively got worse until you couldn't stand it anymore.

Because you did not get the proper treatment - your joints decayed past the point of no return. Now they are basically "bone on bone" and the doctor told you there is no other option. You need...

The Dreaded...

joint replacement surgery.

I will admit - some people do need joint replacement surgery.

This procedure has come a very long way in recent years.

For some, at a certain point, this is the way to go.

But - and this is a very big but... even though this procedure has improved dramatically... it is not without risk.

In fact, a $500 million verdict in a lawsuit was just awarded to patients who received faulty hip implants during hip replacement surgery.

Some of the damage being reported from the faulty hip replacements sounds horrific.

There is no doubt, joint replacement surgery should be your last resort.

But too many people think they need joint replacement surgery when you do not.

In fact, many respond extremely well to a medical treatment approach that is finally becoming much more popular.

This is...

Treatment Path #2

This treatment path is non-surgical but it probably NOT what you are thinking.

It is NOT pain pills and grueling exercises. We think it is...

Much better

It is a treatment that actually puts vital lubricating gel directly into your arthritic knee or hip joint.

This is extremely important because when you have arthritis, you lose lubricating fluid in your joints.

In other words, your joints basically "dry up."

This causes joint surfaces to rub together causing all kinds of problems including brutal PAIN.

As time goes on - the joint wears out more and more and the pain can be excruciating.

The medical procedure I am speaking about is called... viscosupplementation. During this procedure a FDA approved gel-like medicine is placed directly into the joint space.

This allows the joint to glide freely and move much better again.

This decreases the abnormal rubbing and wear and tear and, in many cases, decreases or even eliminates pain.

Sounds Great Right?

It does. But... viscosupplementation has not worked for many people.

There are two very important reasons why:

If you have knee or hip arthritis pain and want to relieve your pain without surgery - or if you have already tried viscosupplementation without good results - what you are about to discover will be extremely important...

The first reason some people did not get good results with viscosupplementation is... bluntly... this is a real medical procedure done by real medical doctors.

This is NOT a "wonder cure" sold by slick marketers.

In the real world of medicine and science, no treatments work 100% of the time or on everyone. And no good and ethical doctor would make such a claim or guarantee any results what-so-ever.

So, there are some people that will not get results with this treatment.

Reason #2

To assure the best possible results, this treatment requires expensive advanced technology and a skilled medical doctor with experience doing this procedure.

For this treatment to have the best chance to work, the lubricating gel must be placed precisely into the joint space. Thats why **"Precision Arthritis Targeting Technology"**or PATT is always used. PATT uses a special medical camera and fluorosocpic imaging to guide the procedure and make sure the gel-like medicine gets exactly where you need it.

Many doctors doing this procedure do not use this advanced digital imaging and do these procedure either under ultrasound or "blind."

No Difference?

They say there is no difference - but research shows that doctors doing joint injections without being guided by the proper imaging ***completely miss the joint space about one third of the time.***

And because treatments are so precise - most patients report they are also painless.

Now that you know the facts - would you choose a doctor who uses advanced digital imaging to guide the treatment - or one who injects you blind?

Can you see why this treatment has not worked for so many? And can you see why, with the Precision Arthritis Targeting Technology and a doctor who has already done thousands of these procedures - ***it could work for you?***

That's why so many knee and hip arthritis sufferers are flocking to a medical clinic in NYC called "NY Pain Relief MD" that focusses on helping patients relieve their knee and hip arthritis pain and get back to doing all the things they want to do - like playing golf, walking without pain, tennis and many others.

But one of the biggest successes is when patients who were told they needed joint replacement surgery cancel the surgery because they feel so much better.

They get such great results because they use advanced digital imaging (PATT) to guide their treatments, their doctors are specially trained and have performed THOUSANDS of treatments and they use multiple brands of lubricating gels (many doctors only use one they have a "relationship" with).

But that's not all - for difficult cases, they also add advanced PRP and Stem cell treatments with often wonderful results.

Every patient is unique and they have a very unique treatment plan for every single patient so you can get the best possible results in the shortest amount of time.

Here's How To Find Out If We Can Help You

If you have knee or hip arthritis pain and would like to find out if the treatments at NY Pain MD can help you - you can come in for a risk-free no-obligation screening.. During this screening you will get a chance to ask questions and find out if you are a candidate for these advanced medical treatments - and what your best options are. The screening is completely free with no further obligation.

After your screening, you will breath a big sigh or relief knowing what your options are and the best way to deal with your pain.

If you are not sure - I know exactly how you feel. Arthritis pain is brutal. And it is hard to get straight answers.

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They told us they they had given up until they read some information just like this and they came in to see us.

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Why Is This Treatment In Such High Demand?

"Precision Arthritis Targeting" Technology

There are many big medical clinics in NYC. In fact, New York offers some of the best medical care in the world.

With so many great options - **why are knee arthritis sufferers flocking to NY Pain Relief MD?**

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Neymar celebrates with fans in Brazil after a gold medal win. GETTY IMAGES

ON NEYMAR, AND MLS EXPANSION

OPINION

RICH SLATE
@Richslate

Let's be honest, nobody at the just-completed 2016 Rio Olympics had more singular pressure on them than Brazilian men's soccer superstar Neymar. He was by far the biggest name that competed in the mostly Under-23 tournament and it paid off for his country as host nation Brazil beat Germany, 2-1, in the gold medal match on Saturday (5-4 on penalty kicks). I'm sure that his juggernaut club-Barcelona-wasn't too thrilled that he played every minute of each game for Brazil, even in blowouts (not that they seemed to notice as they opened their La Liga campaign with a 6-2 beating of Real Betis on Saturday) but it was a pretty special moment to see Neymar fittingly clinch it all by knocking in the game-winning penalty kick.

Olympic soccer crowns first-time champions on both sides

Along with Brazil, the German women's team captured its first gold medal in soccer as it defeated Sweden, 2-1, on Friday. Earlier that day, Canada had upset Brazil by an identical score in the bronze medal match. It was the first Olympics where the U.S. women's team hadn't won a medal, which was a major shock (after they choked 4-3 in penalty kicks vs. Sweden in the quarterfinals) while another surprising result came in the men's bronze medal game with Nigeria outlasting Honduras, 3-2.

MLS continues to smartly expand throughout the United States

On Saturday, after a long wait (they were initially awarded an expansion bid in March 2015) Minnesota finally got its own MLS club as the United (a North American Soccer League team) were formally introduced. Along with Atlanta United (I'm guessing that they'll each come up with new names, hopefully), these two clubs will join Major League Soccer starting in the 2017 season. There are already 20 teams — which seems like a nice round number — but Minnesota and Atlanta figure to succeed at least initially since the markets that they are serving (the Midwest and South) aren't currently overpopulated with that many other MLS clubs.

It's a good time to be a fan of either Manchester BPL Team

Through the first two weeks of the Barclays Premier League 2016-17 season, it looks like Manchester City (2-0-0) and Manchester United (2-0-0) could be the teams to beat. Not only do they each feature two of the greatest soccer managers in recent history-Pep Guardiola for City and Jose Mourinho for United-but their deep pocketed owners have filled out formidable squads for each side. Lethal strikers Sergio Aguero (3 goals) of City and Zlatan Ibrahimovic (3 goals) of United similarly appear atop the table for goal-scoring, a trend that could likewise continue all season-long.

Which Dream Team was No. 1?

The United States Olympic men's basketball team may be golden but this 2016 team is not the best ever, so says one NBA coaching legend who also has tasted Olympic gold.

Lenny Wilkens will likely go down as one of the best point guards and coaches ever in the NBA. He also was the man who led the 1996 Olympic basketball squad, dubbed 'Dream Team II' by fans and the media. With that group he had to manage egos and unreasonable expectations, yet he churned out dominance.

Wilkens was an assistant with the first Dream Team as well, and then four years later was head coach in 1996 with the second group. He was asked by Metro which Olympic team was the best.

"Of course I feel that '92 and '96 were the best," Wilkens told Metro, admitting a slight bias.

But he also noted that this team that just captured a gold medal, one that isn't terribly flashy on paper, can certainly hold its own.

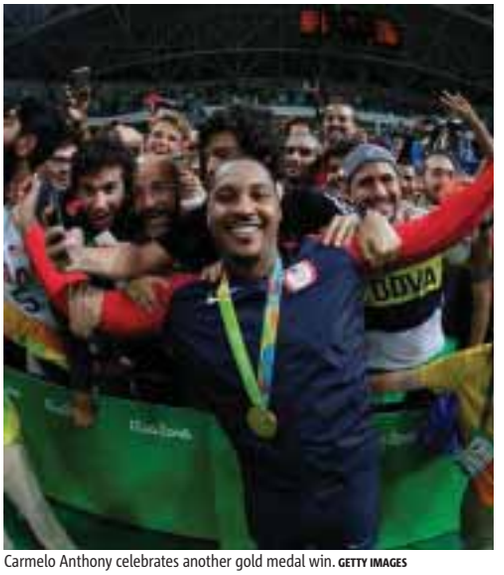
"Some of the guys who opted out have played there before and wanted to give others a chance," Wilkens said. "This is a good team. They have some great talent on this team and I think when they play together they can show the world how good they are. This is a good team."

He spoke in an interview at an event at the NBA Store in Manhattan alongside legendary players David Robinson and Grant Hill.

The challenge in '96 was tremendous as he had some world class egos on that team that he coached, from Shaquille O'Neal to Joe Dumars, Larry Johnson to Derrick Coleman. But the calm and steady Wilkens navigated the potentially choppy waters with ease.

In fact, he thinks that this latest Olympic group is a solid team on the international level.

"Some of the guys who opted out have played there before and wanted to give others a chance," Wilkens said. "This is a good team. They have some great talent on this team and I think when they play together they can show the world how good they are." KRISTIAN DYER



Carmelo Anthony celebrates another gold medal win. GETTY IMAGES

It wasn't much of a surprise to see Darrelle Revis land on the All-Decade list. GETTY IMAGES

Jets with three players on PFF's All-Decade Team

Darrelle Revis, Nick Mangold and Damien Woody all land on the list.

KRISTIAN DYER
@KristianRDyer
sports@metro.us

Two current New York Jets as well as a likely member of the team's Ring of Honor made the Pro Football Focus All-Decade Team as the analytics site recognized their sustained dominance over the past 10 years. No one from the New York Giants made the team.

The list, compiled by Pro Football Focus, balanced production and longevity, going beyond analytics to make determinations. The 23 players on the list (11 on offense, 12 on defense) represent the best players in the league from 2006 up to and including last year.

Some names aren't a surprise such as Green Bay Packers quarterback Aaron Rodgers or New England Patriots tight end Rob Gronkowski. But there is a surprise or two in there.

The Jets had three names on the list, led by center Nick Mangold and cornerback Darrelle Revis. Both Mangold and Revis are considered locks for the Pro Football Hall of Fame someday. But one former Jet was a surprise inclusion.

In assessing the Jets center, the PFF staff wrote, "Mangold was our top-ranked center in five of the 10 years he bestrode the position like a colossus, playing nearly 11,000 snaps over that period."

Revis, not surprisingly, made the list too, with PFF noting his outstanding 2009 season. The man called "Revis Island" for his dominant, shutdown performances is still one of the best cornerbacks in the NFL.

The one name on the list that wasn't necessarily anticipated was that of former right tackle Damien Woody, who retired after the 2010 season and is now an ESPN analyst.

"Perhaps the first surprise of my squad—and also the first to test my longevity-versus-production dilemma—is Damien Woody," wrote the PFF staff. "Only 3,843 snaps in the PFF era may not be enough for some, but for me, he was a class above at the position, particularly given "that it happened in the later years of his career. In 2008, he became the only right tackle ever to be ranked as PFF's top offensive tackle (LTs and RTs included), with a 92.3 grade that season."

> *"The first surprise of my squad and also the first to test my longevity-versus-production dilemma is Damien Woody."*
>
> Pro Football Focus staff on their All-Decade Team

Former Jets' first-round pick Vernon Gholston did not make the list.

Since the Jets drafted Mangold in 2006 and Revis the following year, they've only made the playoffs three times. They have not made the postseason since 2010.

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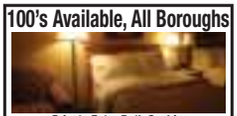

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NOTICE OF FORMATION of Humbleton LLC. Articles of Organization filed with the Secy. of State of New York (SSNY) on 04/18/2016. Office location: Kings County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 1826 East 9th Street, Brooklyn, NY 11223. Purpose: Real Estate Investing.

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Pursuant to a Judgment of Foreclosure and Sale duly filed on January 04, 2016, I, the undersigned Referee will sell at public auction at the Queens County Courthouse, Courtroom 25, 88-11 Sutphin Boulevard, Jamaica, NY on September 16, 2016 at 10:00 a.m., premises known as 46-32 218th Street, Bayside, NY. All that certain plot, piece or parcel of land, with buildings and improvements thereon erected, situate lying and being in the Borough of Queens, County of Queens, City and State of New York, Block 7344 and Lot 30. Approximate amount of judgment is $892,150.04 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index # 11896/10.

Joseph J. Risi, Esq. Referee

Knuckles, Komosinski & Manfro, LLP 565 Taxter Road, Ste. 590 Elmsford, NY 10523 Attorneys for Plaintiff.

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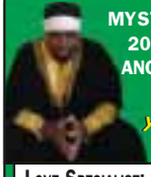

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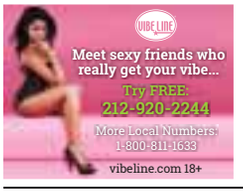

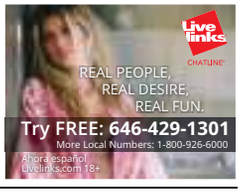

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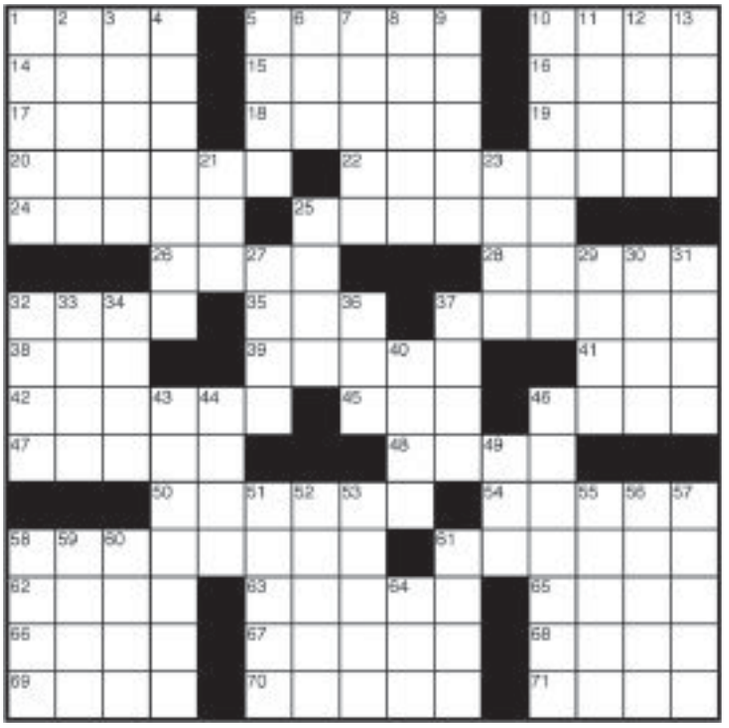
Across

1 Doesn't hesitate
5 Baker's buy
10 Pastrami purveyor
14 Get groceries
15 Singer — Lennox
16 Weeps over
17 Gas main
18 Diving birds
19 Baha'i origin
20 Stalactite of sorts
22 Move without touching
24 — Rica
25 "—'s Folly" (Alaska)
26 Checkup
28 From Donegal
32 Always
35 TV knob
37 "Winnie-the-Pooh" donkey
38 Witty remark
39 — on (incited)
41 Flee hastily
42 Slanted, as type
45 Cotton gin name
46 Pant
47 Heirloom
48 Stem-to-stern timber
50 Clinks glasses
54 Late- —
58 Grandeur
61 Not fixed
62 College credit
63 Stand for
65 Beef-rating org.
66 Tuneful Paul —
67 Thin-shelled nut
68 Smirk's kin
69 Cad
70 Ringlet
71 Screws things up

Down

1 Tomato jelly
2 Tijuana kid
3 Pith helmets
4 Ghost
5 Connecticut campus
6 U2 producer
7 Make — — of it
8 Tendon
9 Physicist Nikola —
10 Wash-and-wear (hyph.)
11 Mark's successor
12 Nonsense poet Edward —
13 Can't be
21 Not strict
23 Huron neighbor
25 Urban haze
27 With, to monsieur
29 Kansas town
30 Mex. matrons
31 Tough fiber
32 Sheik colleague
33 Pull the lever
34 Etc. relative (2 wds.)
36 Size above med.
37 McClurg of sitcoms
40 Tundra animals
43 Word-for-word
44 Laptop symbol
46 Drop or bead
49 Environmental prefix
51 Get used to
52 Prudent
53 In a — (quickly)
55 Tightwad
56 Chief's adviser
57 Brings up
58 Jahan was one
59 Cornbread
60 Leia Organa's brother
61 For the guys
64 "— Rheingold"



metro.us/sudoku

easy

							4	7
		3	7			2		6
	6		3		1			8
9	4	1		7				
			2	4	8			
				6		4	7	3
4			9		7		3	
3		6			2	5		
5	1							

hard

	5			6				8
				2		5		
6		4	5			9		
	3	7				2		4
2		8		3		6		7
9		6				3	8	
		2			9	1		3
		5		1				
7				5			4	

metro.us/horoscopes

Aries If you show your willingness to take good advice and stick to the rules, you will impress everyone. Be careful when dealing with money matters and institutions.

Taurus Say what you mean and mean what you say in order to eliminate uncertainty. Love, romance and family fun are all featured. Someone from your past will surface.

Gemini Work quietly on the projects that are important to you. Don't present or promote what you are doing prematurely. Anger will not help you get ahead.

Cancer If you participate in events that you believe in, you will reach your goals. You'll be rewarded in unusual ways. Romance is encouraged.

Leo Keep everything you hear and see in perspective. Being prepared for whatever comes your way and having the fortitude to stay put until the moment is right will help you advance.

Virgo Your stellar approach to everything you do will keep you in the running for advancement. Don't let competition scare you. If you can imagine it, you can do it.

Libra Financial matters will improve. Contracts can be negotiated and signed, and changes at home will help you cut costs. Don't buy into someone else's scheme. Invest in yourself.

Scorpio An unusual and interesting connection with someone who shares your beliefs and goals will develop. Build your life on facts, figures and emotional happiness.

Sagittarius Be observant when dealing with your peers. Offering a steady hand will help you avoid people trying to take advantage of you. Don't be afraid to be different.

Capricorn You've got all the right moves. Follow your heart and your intuition, and go with the flow around you. There isn't anything you can't accomplish if you set your mind to it.

Aquarius You need to do more to make sure that certain partnerships are copacetic. Aim for equality to avoid conflict, fatigue or dissension among yourselves.

Pisces It's a good time to make personal or professional moves. An improvement in how you approach life in general will help you win the support you need. EUGENIA LAST

Yesterday's answers

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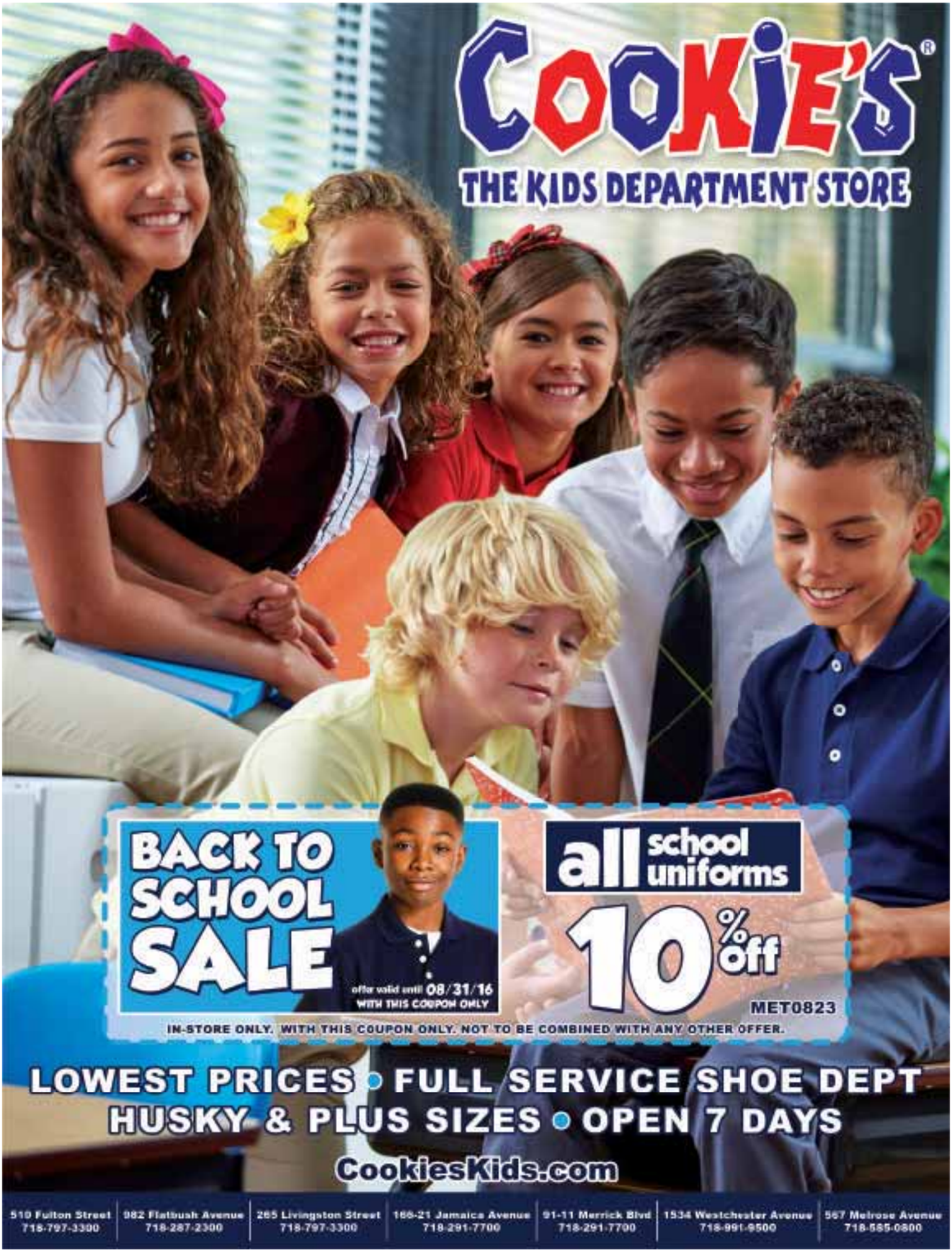
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